

taste

FREE

Magazine

July 2010

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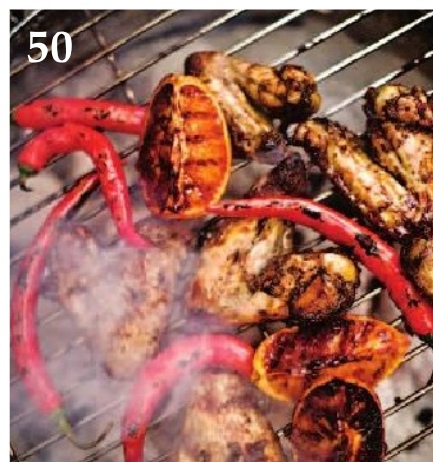
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Eating Alfresco...

It really is quite hard to believe that July is here already! And as the month opens its days we have yet so many more foods, restaurants and events to savour and enjoy!

Be prepared for a bounty of summer treats as July's crops come into fruition. Make the very best of blueberries, raspberries, cherries, strawberries and peaches - perfectly ripe and loved by everyone (try and find the time to go and pick your own this month - a great way to spend quality time with all the family). We are also spoilt for choice with fresh fish - cod, crab, dover sole, haddock, herring, lobster, mackerel and sardines - some great alternatives to our usual chicken or pork on

the barbecue! So what else can we expect in this July issue? Apart from the very best restaurants in our area, great seasonal recipes, fabulous competitions and pages that build on excitement the more you read - it is quite simply a little magazine to enjoy, refer to and keep! See you in August x

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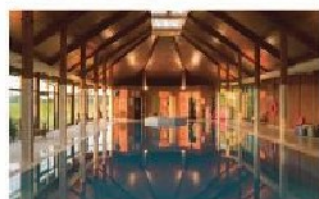


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Michelin Approved Restaurant 2009 / 2010...

Carefully selected, Dangs Vietnamese Restaurant and Takeaway use only the finest and freshest produce, including poultry, seafood and Vietnamese greens.

Their extensive menu and contemporary design, together with authentic oil paintings adorn the walls on both level dining areas. The food is cooked fresh to order and is exquisitely presented using only the finest of ingredients.

Chef and proprietor, Miss Hao Dang, has been cooking since the very tender age of 9, experimenting with Chinese, Thai and Mediterranean cuisine. However is more specialised in Vietnamese, which has been cultivated and mastered for nearly 25 years, and is proud to bring you the original Oriental taste here to Northampton.

Vietnamese cuisine has yet to make its mark in the catering industry, therefore remains a mystery to the majority. If you like Chinese and Thai cuisine then you will LOVE Vietnamese food, especially Dangs.

Vietnam is a country, deeply submerged in food and drinks where their diet and lifestyle allows them to maintain a slim figure, healthy food made exciting! Every dish is selected carefully for its authenticity, true to the flavours of Vietnam. The family run kitchen is experienced, passionate and keen to spread the love of Vietnamese cuisine.

**THE ONLY NORTHAMPTON TOWN
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CONSECUTIVE YEARS 2009-2010 -**

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The Wig & Pen, Northampton

Welcome...

This classic old style pub in the Northampton town centre has undergone a refurbishment and is offering clientele great food, fabulous wines and real ales.

The pub always provides the ideal drinking experience because when it's cold and wet outside, you can sit at the cosy bar but when the weather is sunny and warm you can use the classiest walled beer garden in the town.

The food is exceptional and caters to all tastes as it is home cooked and locally sourced from the county, there is an express lunch for people requiring something quick, deli boards and a Pimms Bar which is ideal for these summer months. In addition to the huge offering of wines and beers there are 8 quality real ales for you to also try.

This popular pub has fabulous food and drink along with real charm. The atmosphere is relaxed with a good mix of drinkers and being in the town has easy parking.

Don't forget to come along to their Beer Festival on 9th, 10th and 11th July. You will find 30+ Beers, 20+ Ciders and Perries, Live Music and delicious BBQ.

Richard and his team look forward to seeing you soon.





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**9TH, 10TH & 11TH
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& PERRIES, LIVE MUSIC
AND BBQ.**

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10AM-3PM
DELI BOARDS
10AM-9PM**

Squirrels, Duston

Great Food, Great Value, Great Service...

The Squirrels in Duston is undoubtedly a traditional village pub; it is practical and timeless and once you walk through the doors it has a real 'local' feel. Having undergone a recent refurbishment the pub hasn't lost its traditional charm and is still warm and welcoming, with original fireplaces and real ales.

With a fabulous new menu on offer, succulent Sunday roasts and a weekly steak night, the pub really does have true rustic charm. The food is reasonably priced and home cooked.

This quaint pub is definitely somewhere to go for a light lunch and with the family at the weekend - as the beer garden is vast and enclosed for children. Also with monthly live entertainment you really are spoilt for choice when it comes to visiting this traditional village inn.

Claire and her team hope to see you soon.



Squirrels

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Take a journey round Flathampton

As part of the theatre's *Hometown* season, Royal & Derngate is transforming the whole of the Derngate auditorium into a giant children's playmat for a fantastic interactive show for children and families to enjoy together. **Flathampton** – which runs from Friday 9 to Saturday 17 July – is being created by the same team who created the sell-out shows *Wish Wash*, *Minibreak* and *Knitwits*.

The people of Flathampton get on with life as best they can but everything in town is as flat as a pancake. But when Kate comes back from the big city she brings a truckload of weird and wonderful solid objects for her old friends and introduces a new dimension to life in the town.

Flathampton will take you on an amazing interactive journey, as you help the Flathamtonites to build up their town. You'll collect your Flathampton money, spend it at the Flathampton shops, ice some Flathampton cakes and you can even try your hand at working in the hospital and for Flathampton TV news.

Weekday performances are aimed specifically at early years (under 6s) and their families, while weekend performances are suitable for children of all ages, and tickets are just £6.50 each. To check times or to book, call the Box Office on **01604 624811** or visit www.royalandderngate.co.uk



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DERNGATE
NORTHAMPTON



Sun 25 July

Mek Mi Laugh

Full of wit, humour and 100% entertainment, *Mek Mi Laugh* comedy nights are designed for people who know how to have a laugh at life. There's no better way to spend a Sunday!

£12.50



Sun 19 September

The Drifters

The Drifters' current line-up are on tour once again with a show that features some of their biggest hits including *Saturday Night at the Movies*, *There Goes My First Love*, *Under The Boardwalk*, *Kissing In The Back Row* and many more!

£21



Mon 30 August - Sat 4 September

Tell Me On A Sunday

A rare opportunity to see the definitive version of Andrew Lloyd Webber and Don Black's classic musical. The wonderful original score features the chart topping song *Take That Look Off Your Face* as well as an exclusive new song, *I Still Believe in Love*.

£9.50 - £25.50



Sun 25 July

A Very Special Tribute to Buddy Rich

Played by the award winning Pete Cater Big Band, lovers of swinging big band jazz will enjoy this fantastic evening of Buddy Rich's music.

£18 £16

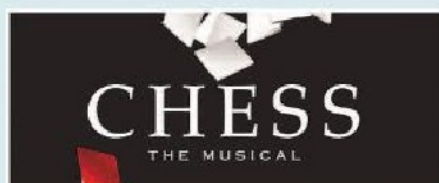


Fri 24 September

Kate Rusby

Performing with the cream of Britain's folk instrumentalists, the defining voice of contemporary English Folk Music, Kate Rusby's expressive vocals and irresistible emotional depth delivers every time.

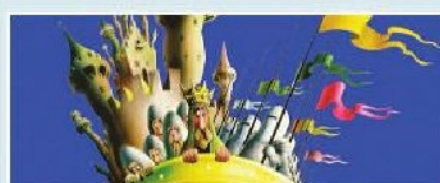
£19



Tue 14 - Sat 18 September
Chess

This extraordinary new staging of the classic musical, *Chess*, has one of the greatest musical theatre scores of all time including *One Night in Bangkok*, *Pity The Child*, *Anthem*, *You And I* and, of course, *I Know Him So Well*.

£14 - £36



Mon 27 September -
Sat 2 October

Spamalot

Audiences all around the world have been roaring with laughter since *Monty Python's Spamalot*, by Eric Idle and John DuPrez, won the Tony Award for Best Musical in 2005. Don't miss this opportunity to see it in Northampton!

£14 - £37



Tue 7 - Sat 11 September

The Big Fella

A boisterous and witty story of loyalty, disillusionment and betrayal set among the Irish American community of New York, Richard Bean's (*Harvest* and *England People Very Nice*) darkly funny play spans three turbulent decades.

£9.50 - £25.50

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GREAT
PRIZE!

This month Taste Magazine are giving one lucky reader the chance to win this Weber Smokey Joe Premium Barbecue

It's so easy to enter, just find our fork within this issue!

Weber Smokey Joe Premium Barbecue, Leaf

A compact and portable barbecue, perfect for large balconies or picnics. The lid features a rust-proof air vent which regulates airflow through the BBQ. Use the measuring cup to ensure you've the right amount of fuel, and you're guaranteed juicy and delicious results. The Smokey Joe is rust and fire-proof, and has a weather-proof porcelain enamelled bowl and lid. The lid lock secures the lid in place for easy carrying.

So where is our Fork?

It looks just like this one...

*Find it, tell us where it is and
you might just win. Good Luck.*



Congratulations to Lorna Wright of Northampton, who was the lucky winner of our May 'Find the Fork' competition and delighted with her prize: A collection of wonderful Le Creuset Dishes.



Worth
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Win Win Win

For your chance to win this compact and portable barbecue by Weber, simply tell us which page our fork is on, fill in your details below and send to -

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July Find the Fork,
PO Box 812, Northampton, NN4 4AD.

NAME.....

ADDRESS.....

POSTCODE.....

The winning entry will be drawn at random on Friday
30th July 2010 & the winner will be notified of their prize
within 7 working days.

I found the fork on
page.....



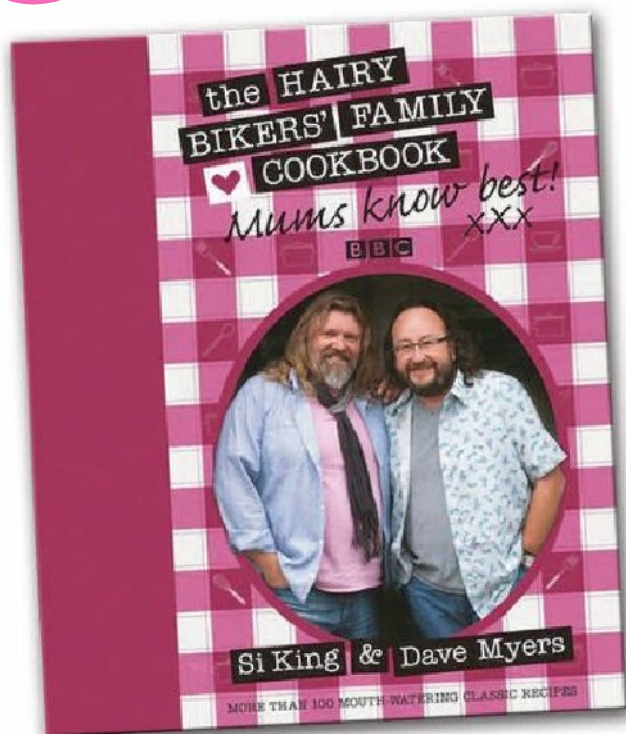
TERMS AND CONDITIONS This competition is open from Thursday 1st July 2010 until Friday 30th July 2010 to UK residents aged 18 years and over, excluding employees (or the family of employees) of Taste Publications Limited or anyone professionally linked to the competition. Only one entry will be accepted per person. All information forms part of the terms and conditions. No responsibility is taken for entries lost, damaged or delayed. The winner will be drawn at random on Friday 30th July and the judges decision will be final. No correspondence will be entered into. The prize includes delivery and the winner must be prepared to take part in post-competition publicity. No changes can be made to the prize package and there is no cash alternative. Illegible entries or those not in accordance with the rules will be disqualified. Taste Publications Limited reserves the right, in the event of circumstances arising outside of its control which in its opinion makes it necessary, to cancel or change the competition at any stage. By entering the competition, competitors have agreed to be bound by these rules. Prize purchased by Taste Publications Limited.



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The Hairy Bikers' Family Cookbook

Mums Know Best!

Si King & Dave Myers

Published by Orion Publishing Group Ltd, 14th January 2010
£20.00 hardback

The Hairy Bikers, Si King and Dave Myers, undertake their most exciting challenge yet: to discover Britain's lost recipes - those forgotten gems handed from generation to generation - for this, their most heartfelt, personal and delicious cookbook.

With over 100 heart-warming recipes, *The Hairy Bikers' Family Cookbook - Mums Know Best*, is a food celebration that includes the best dishes Si and Dave discovered while talking to grandmothers, mums and daughters up and down the country. Si and Dave share recipe secrets, from traditional roasts to the best curries, and include lots of their own mums' specialities too. Enjoy the Good Simple Suppers, the Sunday Dinners, Show-Off Food, Birthday Treats and much, much more.

This is a heart-warming and down-to-earth recipe book that takes place against beautiful British backdrops throughout the summer. Here yummy mummies, Northern matriarchs, West Indian foster mums and ladies of the manor all come together with recipes to share, tips to swap and techniques to learn, in a book that will not only appeal to foodies but also fans of the boys.

The Bikers prove once and for all, that mums really do know best. Their food treasures are easy to cook, taste amazing and belong at the heart of every family meal.

“*We dedicate this book
to our mams,
Stella & Margaret,
without whom it would
not have been possible.
And to mums everywhere
- the world can't exist
without you.*”

- Si King & Dave Myers -

This book will never leave your kitchen and Taste magazine have teamed up with Orion Publishing for one lucky reader to win a copy. It's so easy to enter....good luck!



Born and bred in Barrow-in-Furness, **Dave Myers** joined the BBC as a make-up artist, and while travelling the world with hit TV series he picked up recipes and Simon, Dave's travelling companion and the other half of the Hairy Bikers.



Si King hails from north east England and is a big, blond, bearded biker with an infectious laugh. His love of food was established at a young age when his father bought exotic ingredients back from his Royal Navy voyages.

Win Win Win

For your chance to win The Hairy Bikers' Family Cookbook, simply fill in your details below and send to -

Taste Publications Limited,
Hairy Bikers',
PO Box 812, Northampton, NN4 4AD.

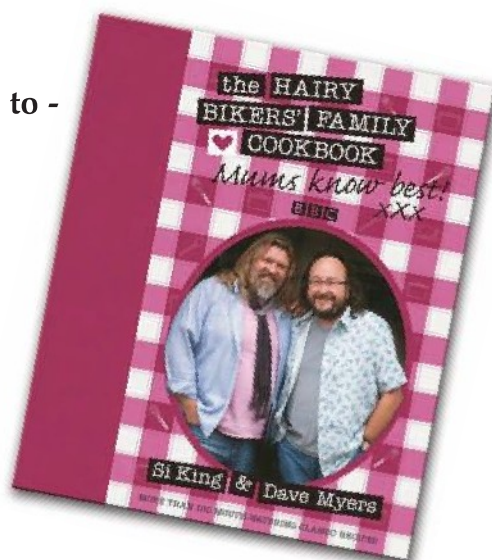
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Time for Tea

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John Lewis

Good Natured Recipes



Recipes and images courtesy of Good Natured Fruit, www.goodnaturedfruit.co.uk

GOOD NATURED FRUIT

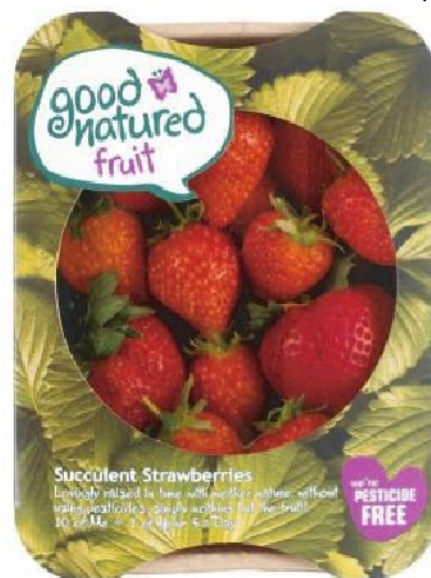
Grown in tune with Mother Nature, Good Natured Fruit is pesticide residue free. The farmers use a clever combination of traditional growing methods and nice bugs such as Ladybirds to eat the naughty bugs like Greenfly and Aphids, which spoil the fruit.

Good Natured by name and Good Natured by nature, their succulent strawberries come in fully compostable punnets.

This ravishingly ruby fruit has long been a quintessential Wimbledon staple and is a key ingredient in many classic British summer

dishes from puddings and sauces to salads, cakes and cocktails. Think Eton Mess, Summer Pudding, jellies and trifles or Pimms, smoothies and Daiquiris.

Having tickled your taste buds, Taste magazine have teamed up with Good Natured Fruit to bring you 4 summer fruit recipes that can be tried and enjoyed now!



Good Natured Summer Pudding

Ingredients (serves 4-6)

500g Good Natured raspberries
75g caster sugar
Juice of half a lemon
50ml crème de cassis
350g Good Natured strawberries, hulled and quartered
9 slices good quality white bread, crusts removed
Double cream, whipped, or clotted cream, to serve

Method

Take a large pan and add 150g of the raspberries, the sugar, lemon juice and crème de cassis. Place over a medium heat and bring to a gentle simmer, stirring until the sugar is dissolved.

Add the remaining raspberries and the strawberries and turn up the heat. When bubbling, take off the heat and strain through a colander set over a bowl to catch the juice. Leave to cool.

To make the pudding, you'll need a 1 litre Pyrex bowl. Take 1 slice of bread and cut out a circle big enough to cover the bottom of the bowl. Take a further six slices and cut them in half diagonally, so that you're left with 12 triangles. Dunk the

circle in the reserved fruit juices and place in the bottom of the bowl. Then dunk one of the triangles in the juices and stick on the side of the bowl, point side down and slightly overlapping the bottom circle. Now start adding the other triangles, again, dipping them in the juice, and placing, point side down, around the sides of the bowl. Have them overlapping slightly so that they all merge together. When finished, the bowl should be completely lined with the bread.

Pile the fruit into the bowl. Dip the final slices of bread in the juice and lay them on top, again have them overlapping slightly. Trim any excess.

Take a plate or saucer (smaller than the diameter of the bowl) and place on top of the pudding, face-side down. Press it a little to start squeezing everything together, then sit two cans of baked beans on top, and put the whole thing in the fridge, preferably overnight, but for at least a couple of hours.

When ready to serve, turn the pudding out carefully and cut into wedges. Serve with big dollops of double or clotted cream.

Very Messy Eton Mess

Ingredients *(serves 4)*

300g Good Natured raspberries
Unrefined icing sugar, to taste
250ml whipping cream
8 shop-bought meringue nests or halves
Juice and zest of 1 lime

Method

Start by roughly chopping the raspberries. Sprinkle with sugar (about $\frac{1}{2}$ tablespoon should be enough, but test for sweetness) and set aside.

Whip the cream in a metal bowl until thickened but still floppy enough to pour.

Break up the meringue nests or halves and crumble these over the raspberries. Add the lime zest and juice and mix it all together. Then dollop in the cream and stir roughly; you don't want this too well combined or it won't be a mess!

Divide between four bowls or glasses and serve immediately.



Strawberry Kebabs with Chocolate Fondue

Ingredients (serves 2)

For the chocolate fondue

120g good quality dark chocolate, 70% cocoa solids

10g unsalted butter

1 tablespoon runny honey

250g Good Natured strawberries

Method

To make the fondue, place all the ingredients together in a thick-based saucepan. Place over a low heat and cook gently, stirring from time to time until completely melted and well combined. Don't let the mix get too hot.

To serve, hull the strawberries then push them onto wooden skewers, with about four strawberries to a skewer. Drizzle over the warm chocolate fondue and serve.

Or alternatively, pour the chocolate sauce into a fondue bowl and keep warm (make sure it's not too hot). Don't hull the strawberries, instead use the stalks as little handles and dunk the berries in the warm fondue.



Quick Strawberry Towers

Ingredients *(serves 4)*

For the raspberry sauce

350g Good Natured raspberries
25g icing sugar, or more to taste
1 tablespoon fresh lemon juice

8 good quality shortbread biscuits
350g Good Natured strawberries, hulled and halved
150ml whipping cream
4 teaspoons Bonne Maman or other good quality strawberry jam

Method

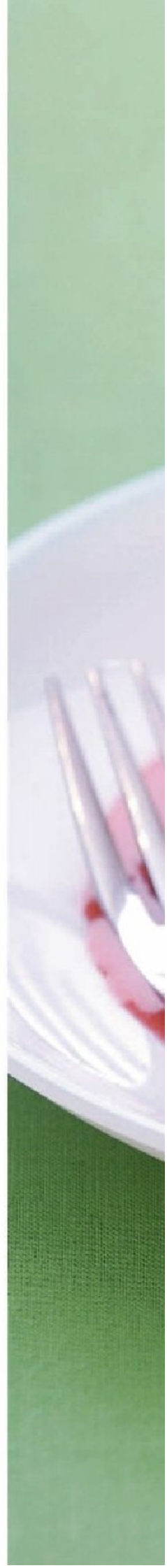
First make the raspberry sauce. Sprinkle the sugar over the raspberries and lemon juice and leave for 20 minutes. Then force the mix through a fine sieve or chinois to remove the seeds. Cover and refrigerate until needed.

When ready to serve, whip the cream to a soft peak stage, so that it's thickened but still a bit floppy. Place a biscuit on each plate and dollop a heaped tablespoon of cream onto the centre of each. Take 4-6 strawberry halves of roughly the same size, and arrange in a circle, cut side out and alternatively point up and point down, around the rim of each biscuit, pressing into the cream to hold them in place. Add a teaspoonful of strawberry jam in the centre of the strawberries, dollop a little more whipped cream on top, and crown with another biscuit, pressing down gently to make sure the cream and strawberries merge together, but not so hard that the cream comes squishing out the sides!

Top with a little dollop of cream, and a half strawberry, arrange more strawberry halves around the outside of the plate, and drizzle with raspberry sauce.

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Recipes and images courtesy of Good Natured Fruit, www.goodnaturedfruit.co.uk



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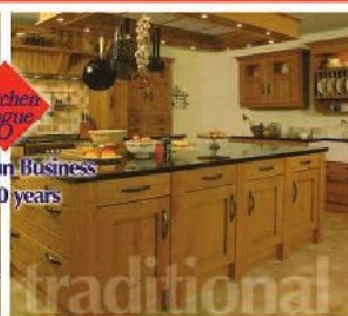
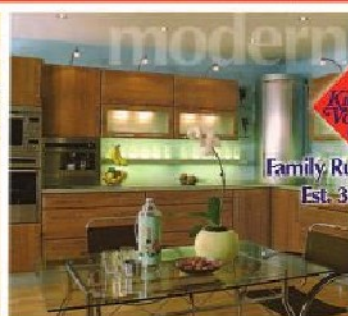
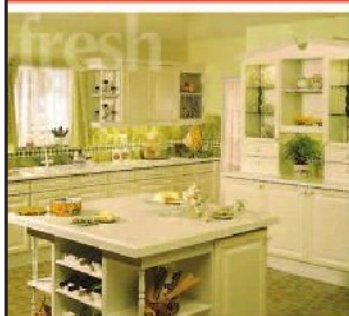


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Celebrating its first year on 3rd August 2010, we would like to say Happy 1st Birthday to Tasties!

Tasties which is owned and run on a day to day basis by Claire, at the age of just 30, has successfully run her first business over the past year. Tasties only offers produce from in and around Northamptonshire and they have an extensive mouthwatering menu from a variety of sandwiches, rolls and baguettes to jacket potatoes or even a healthy salad. They aim to use the lowest fat content ingredients where feasible. So for all you ladies that lunch - Tasties is the one to try! You may even want to indulge in the homemade cakes, muffins and buns available to eat-in or takeaway or take advantage of their newest offer below for afternoon tea.

For those of us with busy lives, you may also want to take advantage of the pre-ordering service which is available for eating in or taking away. Tasties welcomes all - from business people to children and even new mums - with the facilities provided it can truly cater for all. So don't just take our word for it, take time out at Tasties.

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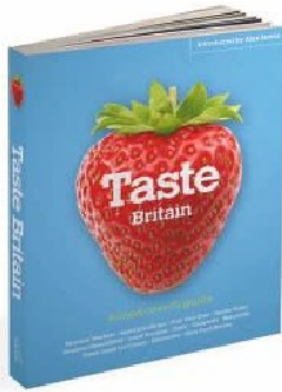
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tastefile

Welcome to our **tastefile**. A regular feature where we will introduce you to great buys, tips and food related issues, as well as a few other bits and bobs that the Taste team feel you may benefit from knowing. We hope you find it interesting for **JULY**!



Taste Britain

is every foodie's dream - a beautiful travel guide that uncovers the very best food experiences Britain has to offer. The

authors highlight delicatessens, farm shops, fishmongers, butchers, food festivals, cookery schools, gastropubs and fine dining restaurants, with handy regional maps to pinpoint producers' locations. So, if your hitting the road this summer, don't start off without it. Published by Punk Publishing (www.punkpublishing.co.uk), £19.95.

Beautiful with Butter!

One of the wonderful things about British new potatoes is that they're not only delicious but low in fat, so you can add a little butter to your new potatoes with a clear conscience! Simply prepare these little seasonal treats, halving them if necessary, in a pan and cover with a minimum of boiling water. Then cover with a lid and simmer gently for approximately 20 minutes, until just tender. Once cooked, drain immediately. New potatoes are rich in vitamin C, which dissolves into the water if the potatoes are left in it. (You can add a dash of lemon juice to the cooking water to help preserve the colour of the new potatoes). When you are ready to serve, take a small amount of softened butter and add either the zest of an orange and lemon, finely chopped fresh herbs (such as parsley, mint or chives), a little red pesto or some crushed cloves of garlic - then drizzle over the new potatoes and you have the perfect accompaniment!



CherryAid

CherryAid is the campaign that unites all Cherry Lovers - to save the British Cherry. In 50 years we've lost 90% of our Cherry orchards and now import around 95% of the Cherries we eat.

So **FoodLoversBritain.com** has come to the rescue with CherryAid. There'll be celebrations around the country with a highlight being **National Cherry Day on Sat 17th July**, when we can all join in the fun and do some cooking with of course, cherries!



Well, who could resist this **Strawberry Compost Crock**, which will brighten any kitchen and helpfully stores your kitchen scraps until they are ready to be taken outside. An activated carbon filter inside the lid keeps things smelling fresh. Available from Lakeland, £19.99, ref 22635. To order visit www.lakeland.co.uk or call 015394 88100.





GET TOGETHER...

Breast Cancer Care's Strawberry Tea campaign, a summer-long venture, raises money to support the thousands of people diagnosed with breast cancer every year in the UK. Holding a Strawberry Tea is simple - whether you organise a picnic on a sunny day, have an afternoon tea with scrumptious home-made baked goodies, or liven up your office tea break with strawberry cakes.

Request a fundraising pack, full of ideas, tips and strawberry recipes by Bill Granger, John Burton Rice, Tamasin Day-Lewis, Michel Roux, Nigella Lawson and Sophie Grigson, at www.breastcancercare.org.uk/strawberry.

Saucy!

Jack Daniel's Barbecue Sauces are made with Jack Daniel's Whiskey and come in four flavours, including new Smokey Sweet Glaze. They will completely transform the average backyard barbecue into a total grilling experience! Simply and very generously brush these thick bold sauces onto food during grilling for mouth watering results.

www.jackdanielsbbqsauces.com



MONEY TIP

You can always make sure you are buying food at the best prices by visiting comparison website:

www.mysupermarket.co.uk

Make a date in July...

2nd July

Richard Deveraux performs at The Riverview Restaurant, Cogenhoe

Visit www.riverview-restaurant.co.uk

Live Music at The Squirrels, Duston

2nd - Log Off

10th - Chase

Telephone 01604 751930

5th July

Traditional Cumberland Sausage Day

www.traditionalcumberlandsausage.com

Live Music at The Malt Shovel

7th - Bearcats Blues Band

14th - Electric Experience

21st - Tommy Allen's Trafficker

28th - Sarah Warren Band

Visit www.maltshoveltavern.com

Live Jazz at The Navigation, Stoke Bruerne

9th - Lyndon Hale Trio

23rd - All That Jazz

Visit www.navigationpubtowcester.co.uk

9th - 11th July

Beer Festival Weekend at The Wig & Pen, Northampton

Telephone 01604 622178

16th - 18th July

Beer Festival Weekend at The Olde Red Lion, Kislingbury

Visit www.theolderedlion.co.uk

17th July

National Cherry Day

Visit www.foodloversbritain.com

23rd July - 1st August

Blink, Market Square... see page 34.

A series of artist led
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see

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Following on from our June 'Find the Fork' Competition, where we are giving one lucky Taste reader the opportunity to win this wonderful Le Creuset Pie Dish, we bring you this fabulous Apricot and Almond Pie recipe courtesy of Abraxas and Le Creuset. Enjoy!



Apricot and Almond Pie

Sponsored by

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www.abraxascookshop.com

Ingredients

Pastry

150g Plain flour & little extra for rolling out pastry
125g Butter & little extra for greasing the dish
50g ground almonds
50g caster sugar
3 tablespoons of cold water
1/2 teaspoon almond essence

Filling

2 x 400g tins of 1/2 apricots in juice
1 tablespoon corn flour
1 tablespoon granulated sugar
2 teaspoons vanilla extract

Topping

1 small egg beaten with a little milk
100g flaked almonds
1 tablespoon granulated sugar

Method

To make the pastry rub the butter into the flour until the mixture resembles bread crumbs.

Mix in the ground almonds and caster sugar.

Combine the almond essence with the water and add to the pastry ingredients.

Gently press together to combine.

Chill for 1 hour.

Strain the juice from the apricots into a sauce pan keeping back a couple of tablespoons for later, place the apricots into a bowl.

Heat the juice and reduce by approximately a 1/2.

Mix the corn flour, sugar and vanilla extract with the retained 2 tablespoons of juice and stir into the contents of the pan. Once thickened pour over the

drained apricots and allow to cool.

Pre heat the oven to 180°C/350°F/Gas mark 4.

With a little butter grease the dish inside and around the rim to prevent the sweet pastry sticking.

Cut the pastry in two halves one a little larger than the other.

Roll out the larger piece and line the dish.

Place the pie bird in the centre of the dish and add the cooled apricots and syrup mixture.

Roll out the smaller 1/2 pastry to a little larger than the top of the dish.

Using a pastry brush wet the top edges of the pastry in the pie dish with water.

Gently place on the pie top allowing the bird to poke through.

Trim the pastry and nip together the edges.

Brush the top of the pie with the beaten egg and milk, sprinkle over the granulated sugar and flaked almonds.

Bake for 35-40 minutes until golden brown.



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Stewart's Corner...

Stewart Wright of Papa Cino's, shares his thoughts with us for July.



Austerity! That's our reward for a couple of years of good living. The last lot gave us 'prudence'. Ah 'Dear Prudence' the song goes. Very 'dear' prudence it turns out as now you pay and we'll collect a little bit more. The things we do for this country!

The caterers' favourite tax, the dreaded VAT, leaps up in January making the price of the food on your plate leap up too. That lettuce garnishing your starter is tax-free at home, but when I put on your plate, it becomes luxury. I remember the days when you guys didn't buy those frilly greens and I could fill you with wonder with the different coloured leaves and fresh herbs. But the days when posh lettuce was iceberg, warm in your burger or wilting in your prawn cocktail, and a rocket you could eat came from the ice cream man, are long gone. You're all Swiss chard and lambs-leaf now aren't you? Well I for one am still a big fan of the iceberg. Served straight from the fridge, cool and crisp, with blue cheese dressing and chopped pancetta, (oops gone all posh again, I should have

said smoked streaky), simply fantastic in the summer heat. Yes that is summer heat. It's really here. As the temperature rises the air is filled with the sounds of summer, the birds twittering, tennis rackets thwacking, the kids having water fights in the garden and my nose sniffing. As a fully fledged member of the itchy eye brigade the best time of year is somewhat spoilt for me. Whilst I curse the almighty every June I know it's really my own fault as every year I approach the season with the usual male denial. You know that, "This year I won't get it", "I don't need to buy tissues" and "pass me another cider it's just a bit of dust in my eye" male attitude. Then, up goes the grass pollen and its invisible power strikes me like a hammer, putting one of those tennis balls behind my nose and making want to voluntarily remove both my eyeballs without anaesthetic. The garden becomes a no-go area for a couple of weeks as I try to avoid becoming the waiter with the 'Hammer Horror' eyes. At least Papa's is in a basement. Still, I milk my discomfort for maximum

sympathy, popping Periton and dripping chemicals into my eyes but to no avail. "Next year you'd better get a jab. Save all that money you're spending at the chemist and enjoy the garden" she says. Prudence in action. Think ahead, save money and enjoy life. Have we ever had a female Chancellor?

I have two versions of 'Dear Prudence' in my music collection. If you can name both artists, there's a bottle of Sicilian Syrah for the first correct email received at Taste.

*Well, many thanks for your kind offer Stewart, and yes readers, please email your answers to...
admin@tastepublications.co.uk*

Good luck everyone!

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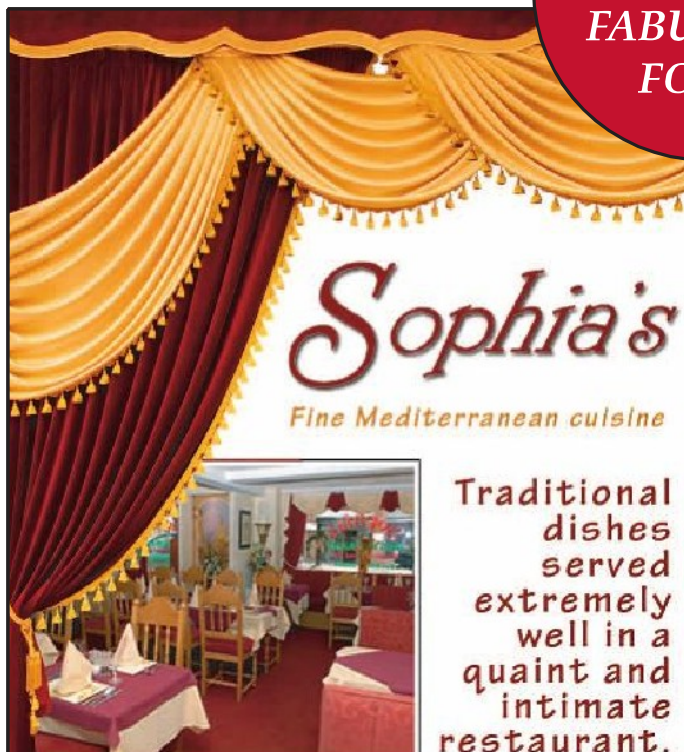
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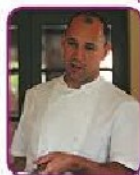
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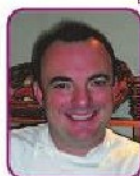
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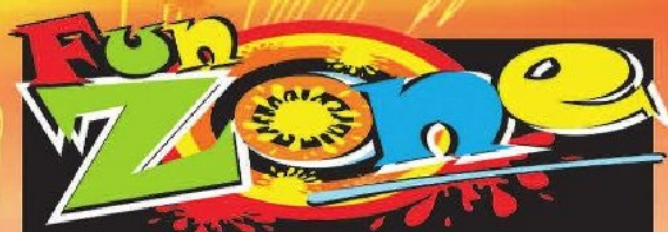
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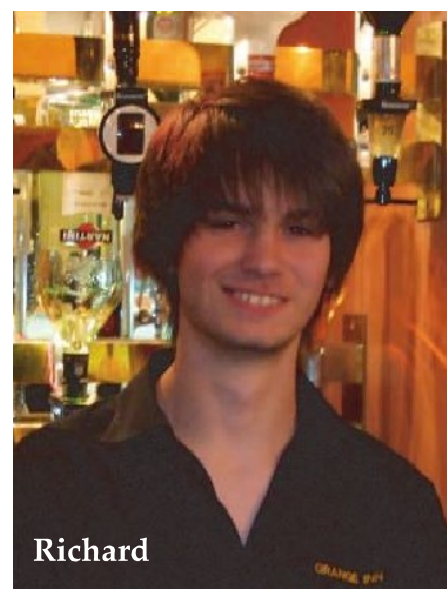
Taste asked the staff at *The GRANGE INN*... what's **your** favourite summer drink?



"Champagne & Raspberries - fruity and bubbly, a true taste of summer!"



"I enjoy a cold pint of **Marstons EPA**, this is just the ticket for a summers day."



"I love **Southern Comfort, Lemonade and Lime** - it is such a lovely refreshing drink with ice."



"I adore a **Woowoo**, which is a tropical cocktail and is so refreshing with Vodka, Peach Snapps and Cranberry Juice."



"**Double Malt Whisky** - because it is dark, strong and smooth like the person who is drinking it!"



"I love a cold jug of **Pimms**, with all the fruit I know that I am getting my 5-a-day!"

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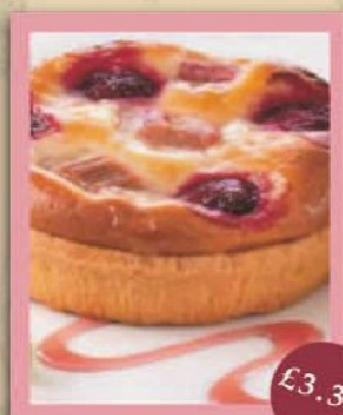


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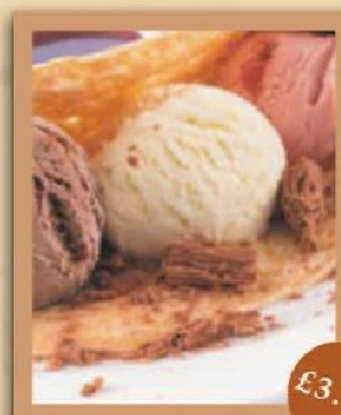
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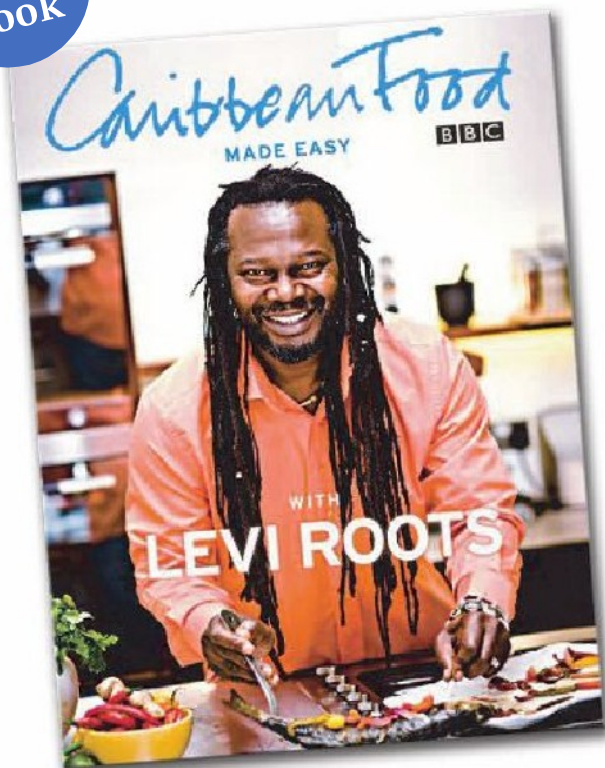
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Caribbean Food

MADE EASY

with **LEVI ROOTS**

Published by Mitchell Beazley
24th August 2009
£17.99 Hardback

Caribbean Food Made Easy with Levi Roots offers us a culinary whirlwind of vibrant colours, mouth-watering flavours and even a bit of reggae music to help us go with the flow; as Levi travels the UK and Jamaica to reveal just how easy it is to bring a little bit of Caribbean sunshine into your home. Oh yes he's going back to his roots..!

The book, published to coincide with the TV series of the same name, features 100 colourful recipes, including those featured in the TV series and reveals the full range of this extraordinary fusion food. From traditional meals cooked in his grandmother's Jamaican kitchen such as sticky jerk chicken with oranges and curried goat, to the latest in modern Caribbean cuisine, Levi conjures up the magic of Caribbean cooking and will leave you in no doubt as to how unique, exciting and delicious the food can be. Levi's absolute charm, enthusiasm and easy going attitude shine

“Gran, you'd be so proud because your inspiration has taken me from being King of the Hill to Cool in the Den. What she taught me I now want to bring to this book, and she's still around watching me go.”

- Levi Roots -

through in this book and with the accompaniment of beautiful photography by Chris Terry you will be reaching for the jerk sauce in no time. Whether you are a fan of gourmet cuisine or Grandma's cooking, with **Caribbean Food Made Easy** you'll be sure to learn something new, taste something different, and most importantly be left feeling full and happy!

This month Taste magazine has teamed up with Mitchell Beazley, for the chance for one lucky reader to win this fabulous cook book. We have also managed to bring you three of Levi's delicious recipes; Caribbean Lamb Shanks, Sticky Jerk Wings with Sugared Oranges and Smoked Fish and Lime Patties.

And if that isn't enough, next month we feature

Levi's newest cookbook - Food for Friends, with a FREE prize draw for the book and some more fabulous recipes from the main man himself!



Levi Roots is a cook, entrepreneur and musician and his rise to fame is one of the UK's most heart-warming business success stories. His appearance on BBC Two's *Dragon's Den* resulted in two of the five judges committing £25,000 each to his Reggae Reggae Sauce brand, which is now stocked in all major supermarkets in the UK.

Levi also creates delicious West Indian recipes in the kitchen of his new South London eatery, Papine Jerk Centre and as a successful reggae musician he has performed with James Brown, sung to Nelson Mandela, and was nominated for a MOBO award in 1998. His album *Red Hot* was also launched last year.

Levi's first cookbook, the *Reggae Reggae Cookbook* was published in 2008 and the follow-up *Caribbean Food Made Easy* was a bestselling TV tie-in for the popular prime-time BBC2 series of the same name, which aired in August/ September 2009. Levi currently lives and works in South London.

Win Win Win

For your chance to win *Caribbean Food Made Easy* with Levi Roots, simply fill in your details below and send to -

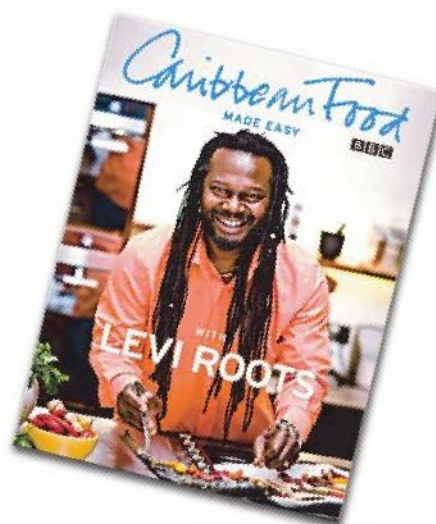
Taste Publications Limited,
Caribbean Food Made Easy
PO Box 812, Northampton, NN4 4AD.

NAME.....

ADDRESS.....

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The winning entry will be drawn at random on Friday 30th July 2010 and the winner will receive their prize within 7 working days.

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Caribbean Lamb Shanks

by Levi Roots

Ingredients (serves 4)

2 tbsp sunflower or groundnut oil
500g (1lb 2oz) sweet potato, peeled and cut into 5cm (2in) chunks
3 banana shallots or 2 onions, chopped
2 garlic cloves, finely chopped
2tbsp tomatoe purée
3 carrots, cut into long, thin slices, about $\frac{1}{2}$ cm ($\frac{1}{4}$ in) thick
2 bay leaves
2 hot chillies (ideally Scotch bonnet or red Thai bird's eye), 1 cut in half
4 lamb shanks
2 tsp crushed allspice
1 cinnamon stick
Salt and pepper
3 sprigs of thyme
200ml (7fl oz) red wine
300ml ($\frac{1}{2}$ pint) beef stock
2 tbsp fresh coriander leaves, to garnish (optional)

Method

Preheat the oven to 160°C/325°F gas mark 3. Wash the meat and pat it dry with kitchen paper.

In a large, lidded casserole dish, heat half the oil. Add the shallots, onions, garlic and carrots and cook gently to soften for 5-10 minutes, stirring occasionally.

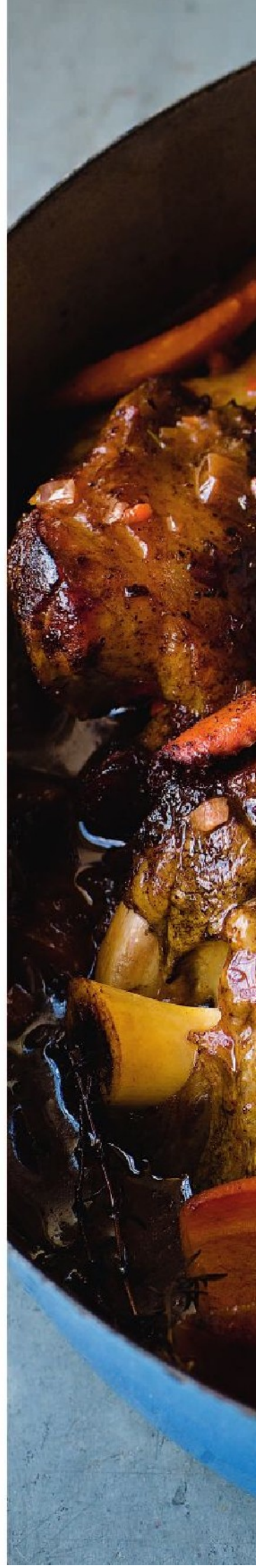
Meanwhile, season the shanks by rubbing with the allspice, salt and pepper. Heat the rest of the oil in a large frying pan. Thoroughly brown the shanks on all sides. Add the browned shanks to the softened vegetables.

Deglaze the frying pan with the red wine and stock by adding the liquids and stirring until any brown residue from the shanks dissolves. Add this liquid to the casserole dish.

Add the rest of the ingredients (apart from the coriander) to the casserole dish and stir it all around. Put a lid on the casserole and put in the preheated oven. Cook for 2½ hours, or until cooked through, stirring occasionally. Served sprinkled with fresh coriander, if you like. Fantastic!

Sponsored by

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www.abraxascookshop.com





Extracted from Caribbean Food Made Easy with Levi Roots.
Published by Mitchell Beazley, priced £17.99.
Photography copyright Chris Terry.

Sticky Jerk Wings with Sugared Oranges

by Levi Roots

Ingredients (serves 4 as a starter or as part of a barbecue spread)

12 chicken wings
2 tbsp soft light brown sugar or demerara sugar
2 pipless oranges
5 long, mild red chillies, whole and undamaged

For the Jerk Marinade

4 spring onions, green part only, roughly chopped
1 hot red chilli (ideally Scotch bonnet) seeds left in
3cm (1¹/₄in) piece of root ginger, cut into chunks
2 tbsp thyme leaves
100ml (3¹/₂ fl oz) cider vinegar
3 tbsp honey
2tsp ground allspice
1tsp ground cinnamon
2tbsp olive oil
Salt and pepper

“Pile these chicken wings high and serve them hot, hot, hot! The marinade is adapted from one by Bob Marley’s chef, Gilly. In the late 1970s when Bob was in London, I played football with him and lots of other Rastas in Battersea Park at weekends. Gilly would always have food prepared for afterwards and this jerk marinade is inspired by what he made for us. I love the sugared oranges with these but they also work as a refreshing pudding. You could use blood oranges as an alternative if they’re in season you can find them.”

- Levi Roots -

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Method

Put the marinade ingredients in a blender and whizz until smooth. Alternately, pound the ingredients to a paste using a pestle and mortar. Pour it over the wings, turning them over so they are well coated. Leave to marinate, covered, in the fridge for at least 4 hours, or overnight if more convenient, turning the wings over once or twice.

Get a barbecue going until the coals die down to hot grey ash (or preheat an oven to 190°C / 375°F / gas mark 5). Barbecue or cook the wings, turning them over a few times, until they are cooked through (the juices should run clear when a skewer is pushed into the thickest point) and nicely brown, basting with any leftover jerk marinade (about 15 minutes).

While the wings are cooking, sprinkle the sugar on to a plate and cut the oranges into quarters. Dip the cut sides of each piece into the sugar and cook on the barbecue (or in a heavy dry frying pan or under a stovetop grill) for a few minutes until the sugar has caramelized. Keep a close eye on the oranges to prevent them from burning. At the same time, chargrill the chillies.

Serve the wings with the caramelized oranges and chargrilled chillies.

Smoked Fish and Lime Patties

by Levi Roots

Patties are a great Caribbean street food, not so very far from a Cornish pasty as an idea - both are meals in a casing you can carry and eat – so you can make patties or a dubbed-up version of a pasty using this recipe. The quantity you make is up to you: four is big enough for lunch for four average people and three enough for three big Cornish appetites.

Ingredients (makes 3-4 patties, depending on what size you want!)

For the filling

300ml (1½ pint) milk
250g (9oz) smoked haddock
50g (1¾ oz) butter
1 large onion, finely chopped
1 garlic clove, finely chopped
1tbsp plain white flour
½ red chilli, deseeded
70g (2½ oz) frozen peas
zest of 1-2 limes

For the Patty pastry

225g (8oz) plain flour
1½tsp ground turmeric
Pinch of salt
115g (4oz) cold butter, cut into small cubes
½ egg, lightly beaten, to glaze

Levi's tip: If making a rough-and-ready Caribbean version of a pasty, put the filling in the middle of the rolled-out pastry, pull the pastry together on top and pinch together to form a ridge from end to end.

Method

Put the milk and haddock into a wide pan and bring to a simmer. Poach for 5 minutes. Remove the fish from the pan (keep the milk) and flake, discarding any skin and bones. Melt the butter in a frying pan and in it gently cook the onion and garlic until soft. Sprinkle on the flour and stir for a minute or two. Add the warm fish-poaching milk gradually, stirring after each addition to get a smooth sauce. Stir in the chilli and peas. Add lime zest, to taste. Gently fold in the cooked fish and leave to cool completely.

Put the flour, turmeric and salt in a bowl and rub in the butter. Add 4-5tbsp water and mix. Roll into a ball and chill for 30minutes. Preheat the oven to 200°C/400°F/gas mark 6.

Cut the pastry into 3 or 4 pieces, depending on whether you want as larger or smaller patties. Roll the first piece out into a large oval about 1½cm (1¼in) thick. Put a quarter of the filling (or a third, if making 3 patties) in the middle, leaving about 4cm (1½in) around edge. Brush the edge with water. Fold the pastry over lengthways and use a fork to crimp the edges.

Prick the patties or pasties with the fork, brush with the beaten eggs and cook in the preheated oven for 25 minutes or until nice and golden brown.

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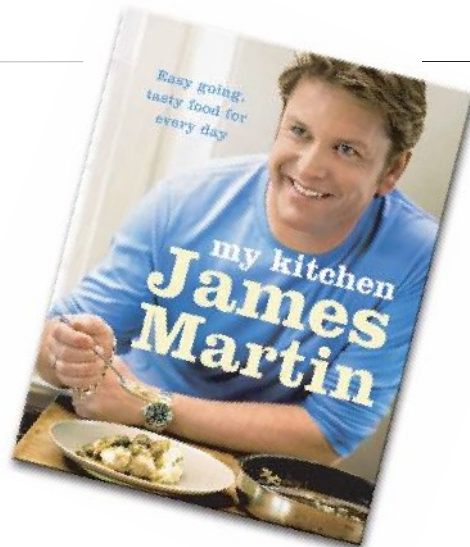


Extracted from Caribbean Food Made Easy with Levi Roots.
Published by Mitchell Beazley, priced £17.99.
Photography copyright Chris Terry.

WIN
WIN
WIN

Due to the overwhelming response from our May competition to win James Martin's new cook book - My Kitchen, we have been lucky enough to obtain another copy for you to win for our July Wordsearch prize...

Good Luck x



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blueberry
cherry
cod
cucumber
food
garlic
ice cream
july
kiwi
lobster
melon
pea
picnic
plaice
rabbit
taste
tomatoe
turnip
wine



Words can be found running forwards, backwards, up and down in the above grid.

Congratulations to Mrs Barbara Gardner of Northampton, who was the lucky winner of our May wordsearch and delighted with her prize: A Luxury Fresh Hamper courtesy of The Larder Deli.



For your chance to win this delicious recipe book, simply complete our July Wordsearch above, fill in your details and send to:

Taste Publications Limited, July Wordsearch, PO Box 812, Northampton, NN4 4AD.

NAME.....

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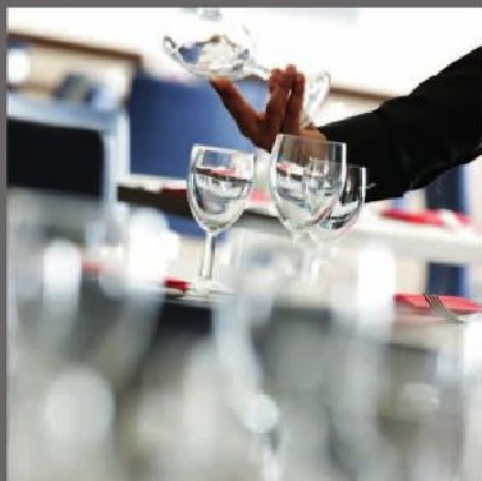
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Now celebrating 12 months since opening, Tasties is truly a quaint coffee shop situated in Northampton's town centre. This little coffee shop has an extensive mouthwatering selection of homemade cakes, muffins, buns, sandwiches and light lunches - all to eat in or takeaway. Pre ordering service and buffet platters available. Open Mon-Sat, 8am-7pm...see you soon!

9 George Row, Northampton.
Tel: 01604 635030



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The Cock at Roade is set in the very heart of the village. Offering a traditional family environment, a warm welcome and a relaxed and friendly atmosphere. In either of the two bars you can find a fantastic place to enjoy great food and drink or take advantage of their large enclosed beer garden that suits all occasions with an amazing children's activity area.

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Tel: 01604 862544 www.thecockatroade.co.uk



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The Rural Shopping Yard, Castle Ashby, Northamptonshire, NN7 1LF
Tel: 01604 696728 www.thebutteryrestaurant.co.uk



THE MAILCOACH, Northampton

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The Brasserie @ No.8, The Mailcoach, 8 Derngate, Northampton
Tel: 01604 604669 www.mailcoachnorthampton.co.uk



THE ROYAL BENGAL, Northampton

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41 Bridge Street, Northampton, NN1 1NS
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THE GARDEN CAFÉ, Northampton

The Garden Café is a quaint, uniquely decorated, English café with a pleasant courtyard garden. The café serves wraps, salads, homemade cakes, muffins and has an extensive selection of teas and coffees. Items available to eat in or takeaway. The Garden Café also offers an excellent selection of delivered buffet platters for business luncheons or special occasions.

The Basement, 1 St Giles Terrace, Northampton (opposite Music Shop)
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THE RED LION, Yardley Hastings

The Red Lion at Yardley Hastings is a traditional country pub with a warm and friendly atmosphere. Providing home cooked food, excellent cask ales and welcomes families. There is a great selection of menus catering for every taste, available Tuesday to Saturday lunchtimes and evenings - restaurant area inside, private beer garden with seating and ample car parking.

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2010/11**



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The Carlsberg UK Northamptonshire Food and Drink Awards 2010/11 - *public encouraged to have their say...*

Does your local landlord or lady go the extra mile to ensure their pub always provides a pleasing pitstop or hospitable haven? If so, why not nominate them for Northamptonshire's newest prize - to be named the county's 'Community Pub of the Year'?

The prestigious title is part of the Carlsberg UK Northamptonshire Food and Drink Awards 2010/11 which were devised by Northamptonshire Enterprise Limited (NEL) to celebrate all that is great about the county's produce and drink, to recognise excellence within its dining venues and to reward those who work so hard within the culinary sector.

Undoubtedly, pubs and restaurants play a vital part in keeping a sense of local spirit and often are at the heart of village or community life. The entries already received show that commitment is really appreciated by pub-goers and hopefully, this award will go some way to recognising that important role they play.

At Taste magazine we believe that all 7 categories are equal in their importance, and we are extremely proud to be associated with 'Pub or Bar Restaurant of the Year' category. So please nominate your favourite NOW!

To make your nomination, please visit the Northamptonshire Let Yourself Grow website - www.letyourselfgrow.com - for more details, and encourage your landlord to visit the website to download the relevant entry form. You can also contact Rachel Mallows on 01933 664437 or email rachel@rachelmallows.com for further details.

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Date	Month	Event
09/10/11	July	2010 FORMULA 1 SANTANDER BRITISH GRAND PRIX
23/24/25	July	Silverstone Classic
31/01	July/August	FIM Superbike World Championship
14/15	August	British F3/GT Championships
21/22	August	DUNLOP MSA British Touring Car Championship featuring Silverstone Air
11/12	September	Autosport 1000km of Silverstone (Le Mans Series)
18/19	September	World Series by Renault
25/26	September	MCE British Superbike Championship
06/07	November	Walter Hayes Trophy

Dates subject to change.



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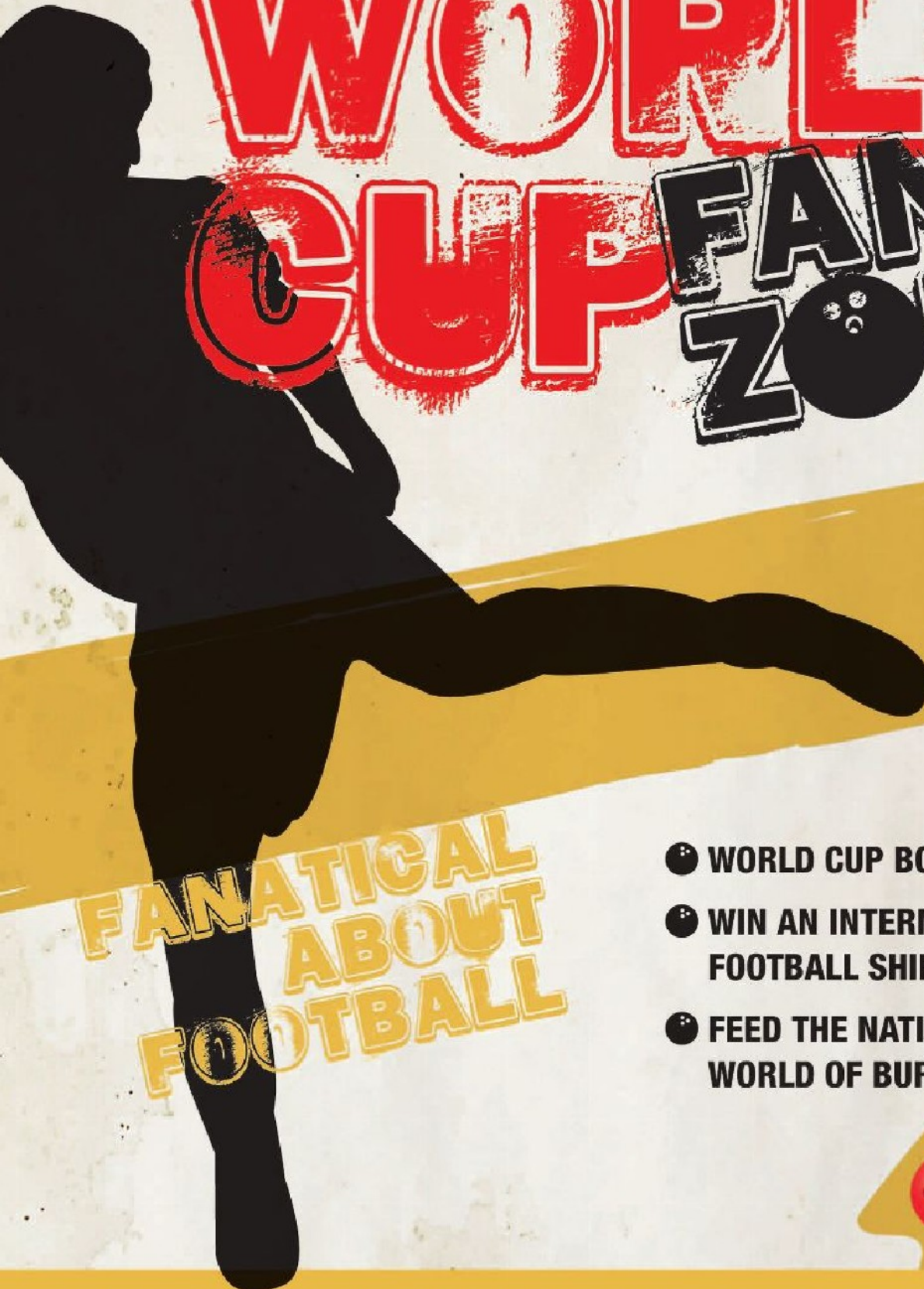
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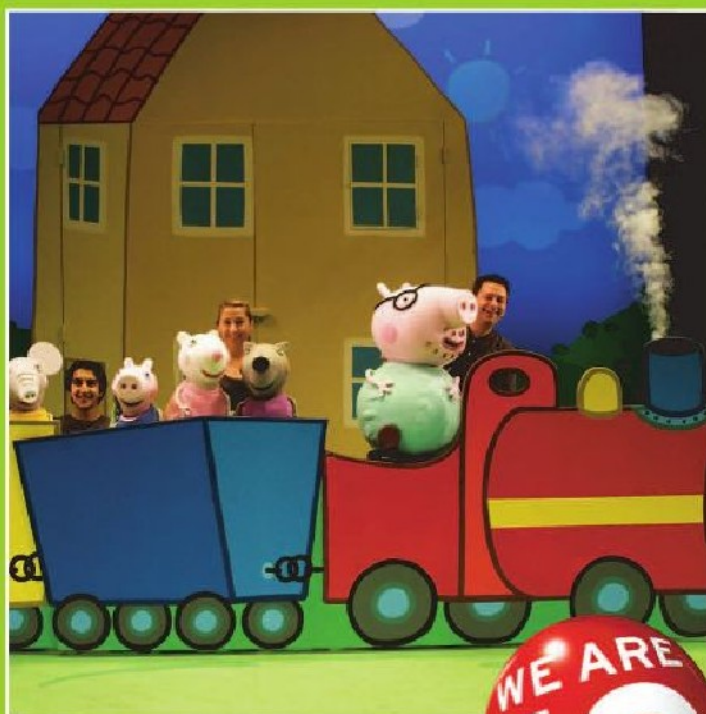


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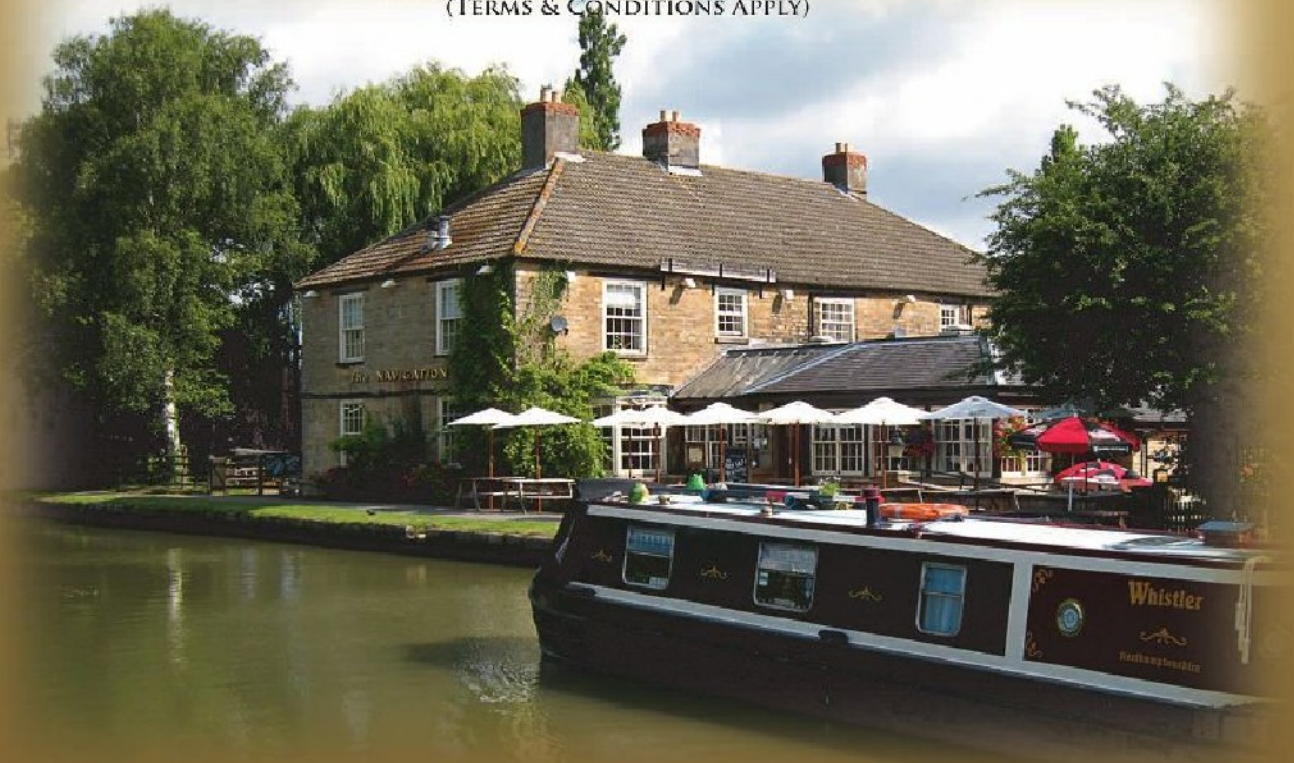


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Althorp Guide Comes to Lunch...



THIS summer ladies are invited to find out more about life inside Northampton's most famous house at a special event at The Church Restaurant.

On Friday 30th July the popular Church ladies club lunch features guest speaker Elaine Nunn. The veteran guide at Althorp House guide will give an insight into life behind those great walls. Built in 1508 Althorp in Northamptonshire has

been home to the Spencer family for nearly 500 years. It became the focus of world attention following the tragic death of Diana, Princess of Wales in August 1997 but continues to attract thousands of visitors from all over the world.

These popular ladies lunchtime events take place every other month and play host to people from all walks of life from busy working mums to successful career women. It is also a great networking opportunity as it attracts many female business entrepreneurs.

It combines good food and great company with an inspirational talk from a remarkable local figure. The Ladies Lunch includes a Pimms reception, two course meal, coffee and Turkish delight to finish - all for just £20 per person!

For further information or to book your place at the dinner or the next Ladies Lunch please phone **01604 603800** or visit **www.thechurchrestaurant.com**.



"Your father's preoccupied....the closest I'll get to a carvery this lunch hour will be pork scratchings or smoky bacon crisps."

Why Choose Taste?

Taste is the only magazine Northamptonshire's food lovers can't wait to get their hands on each month - bringing you an essential guide of where to eat, drink and where to find the best hospitality and events in our region. Every month we receive an abundance of emails and letters from readers and clients alike - don't just take our word for it...

"Just to thank you so much for delivering the wonderful Le Creuset casserole dish and gloves that I won in your 'find the fork' competition. What a magnificent prize!! Love the magazine..."

Pat Faulkner
Northampton

"I was lucky enough to win tickets from last month's publication to Swan Lake at Milton Keynes. I just wanted to drop you a line to say thank you so much. I'd never been to the ballet before and we had a fantastic evening. Matthew Bourne's adaptation was just brilliant, so thank you for giving me the opportunity to see it. I really enjoy reading your magazine."

Elizabeth Burton
Bedford

"I'm truly surprised to see how far Taste magazine has come, especially to see all these new and regular businesses advertising in it. I am delighted to be associated with Taste - thank you."

Ashish Gupta
General Manager, Campanile Hotel and Restaurant

"Not only does it make business sense to advertise with Taste magazine, as the response to the advertisement is always good, but it is a pleasure to work with the highly professional team at Taste."

Steve Young
Operations Manager,
Beacon Bingo

"Taste magazine is Northampton's premier mag for people wanting to find out where to eat. As an advertiser we have seen new clientele eat and drink at our establishment. As for working with Taste, the team are brilliant. They are efficient and certainly know how to effectively market our business."

Dipam
General Manager, Baroque Bar



Taste Menu

Starter

Read Taste Magazine and view our website...
...this is where it begins!

Main

Contact us for an informal chat to discuss your business needs,
talk through your requirements and your target audience.
Work to gain the right marketing package that suits
your business and your budget.

Dessert

Return on investment through a unique and popular magazine
that gets to the right people - your customers.

Side Order

Great customer contact.
Service that cannot be beaten by any other media.
Experience in Northampton geographics and demographics.
Dynamic people to work with who UNDERSTAND your
goals and more importantly want you to reach them.

CALL NOW AND GET THE RESULTS YOU DESERVE.

Sharon - 07967 344326

Robert - 07814 413796





Taste Magazine is also available at various food and drink events in Northampton and Milton Keynes throughout the year.

taste

Pick Up Places

TO DISTRIBUTE TASTE MAGAZINE
OR TO HIGHLIGHT YOUR LISTING
AND ADD YOUR WEBSITE
ADDRESS, PLEASE CALL:
07967 344326

COFFEE HOUSES AND BISTROS

All Saints Church,
Coffee House, George Row,
Northampton, NN1 1DF,
Tel: 01604 620015

Are You Being Served?,
62 St Giles Street,
Northampton, NN1 1JW,
Tel: 01604 628854

Beans Coffee Stop Ltd,
24 Market Place, Olney,
Buckinghamshire, MK46 4BA,
Tel: 01234 713152

Café Morandi,
5 Gold Street, Northampton,
NN1 1RA, Tel: 01604 250062
Costa Del Sol, 96 Abington
Street, Northampton, NN1 2AP,
Tel: 01604 621818

Delapre Abbey Tea Rooms,
Delapre Abbey, London Road,
Northampton, NN4 8AW,
Tel: 01604 708675

Dreams Coffee Lounge,
59 St Giles Street, Northampton,
NN1 1JF, Tel: 01604 621222

Granny's Café Tea Rooms,
4-6 Church Street, Weedon,
Northampton, NN7 4PL,
Tel: 01327 340040

Tasties, 9 George Row,
Northampton, NN1 1DF,
Tel: 01604 635030

The Buttery, The Old Farmyard,
Castle Ashby, Northampton,
NN7 1LF, Tel: 01604 696728

The Dining Room, 82 Derngate,
Northampton, NN1 1UH,
Tel: 01604 230166

The Garden Café,
1 St Giles Terrace, Northampton,
NN1 2BN, Tel: 01604 602228

The News Café, 4 Fish Street,
Northampton, NN1 2AA,
Tel: 01604 603618

The Park Café, Abington Park,
Northampton, NN1 5LW,
Tel: 01604 628569

Wakefield Farm Shop,
Wakefield Lodge Estate,
Potterspury, Towcester,
Northamptonshire, NN12 7QX,

Tel: 01327 811493

DELICATESENS

Beckworth Emporium,
Glebe Road, Mears Ashby,
Northampton, Tel: 01604 812371
The Larder Delicatessen, Unit
1, The Old Farmyard, Castle
Ashby, Northampton, NN7 1LF,
Tel: 01604 696742

The Food Hall, 60 St Giles
Street, Northampton, NN1 1JW,
Tel: 01604 233313

HAIR & BEAUTY SALONS

Crop Shop 2, 17-19 Welford
Road, Northampton, NN2 8AE,
Tel: 01604 711115

Elliott Reeve, 1 Hunsbury
Centre, Clannell Road,
Northampton, NN4 0JF,
Tel: 01604 675001

Elliott Reeve, 5a Weston Favell
Centre, Northampton, NN3 8JZ,
Tel: 01604 402929

Hair Pavilion, Unit 2, Butts
Road, East Hunsbury,
Northampton, NN4 0UE,
Tel: 01604 706900

Hensmans, 7-9 Kettering Road,
Northampton, NN1 4AJ,
Tel: 01604 634448

Kut & Kurls, 2 High St,
Hardingstone, Northampton,
NN4 7BT, Tel: 01604 766233

Lara Boot Hairdressing,
49 Landcross Drive,
Northampton, NN3 3LN,
Tel: 01604 259345

Nails @ Monica Rose,
137a Bouverie Road,
Hardingstone, Northampton,
Tel: 07877 863116

Naked, 2 The Parade,
Northampton, NN1 2EA,
Tel: 01604 601004

Richardsons, The Courtyard,
George Row, Northampton,
NN1 1DF, Tel: 01604 631984

Shine HairDressing,
18 St. Peters Walk,
Northampton, NN1 1PT,
Tel: 01604 630325

Taste, 19 Castilian Street,
Northampton, NN1 1JS,
Tel: 01604 622408

Toni & Guy, 7 Mercers Row,
Northampton, NN1 2QL,
Tel: 01604 259550

Totally Tropical Tanning Salon,
19 Weston Favell Centre,
Northampton, NN3 8JZ,
Tel: 01604 408213

HEALTH & FITNESS

Danes Camp Leisure Centre,
Clannell Road, Northampton,
NN4 0RX, Tel: 01604 837200

Esporta, 91 Winding Brook Lane,
Collingtree Park, Northampton,
NN4 0EB, Tel: 01604 827800

Fitness First Clubs Ltd,
Poyntz Lane, Mill Lane,
Dallington, Northampton,
NN5 7TZ, Tel: 01604 751170

Lings Forum Leisure Centre,
Billingbrooke Rd, Northampton,
NN3 8JR, Tel: 01604 837300

Living Well Health Club,
(within Hilton Hotel)
100 Watering Lane, Collingtree,
Northampton, NN4 0XW,
Tel: 01604 702604

**The Mounts Baths Leisure
Centre**, Upper Mounts,
Northampton, NN1 3DN,
Tel: 01604 837400

**Nuffield Health Fitness &
Wellbeing**, Walter Tull Way,
Sixfields, Northampton,
NN5 5QL, Tel: 0870 758 2128

HOSPITALS

**Northampton General Hospital
NHS Trust**, Cliftonville,
Northampton, NN1 5BD,
Tel: 01604 634700

St. Andrew's Healthcare,
Billing Road, Northampton,
NN1 5DG, Tel: 01604 616000

Three Shires BMI Hospital,
The Avenue, Cliftonville,
Northampton, NN1 5DR,
Tel: 01604 620311

HOTELS

Broomhill Country House,
Holdenby Rd, Spratton,
Northampton, NN6 8LD,
Tel: 01604 845959

Campanile Hotel & Restaurant,
Cheaney Drive, Grange Park,
Northampton, NN4 5FB,
Tel: 01604 662599

Highgate House,
Grooms Lane, Creaton,
Northampton, NN6 8NN,
Tel: 01604 731999

Holiday Inn, Bedford Road,
Northampton, NN4 7YF,
Tel: 01604 622777

Holiday Inn,
London Rd, Newport Pagnell,
Buckinghamshire, MK16 0JA,
Tel: 01908 613688

Ibis Hotel, Sol Central,
Marefair, Northampton,
NN1 1SR, Tel: 01604 608900

Langham Hotel, 4 Langham
Place, Northampton, NN2 6AA,
Tel: 01604 639917

Limetrees, 8 Langham Place,
Northampton, NN2 6AA,
Tel: 0845 3130115

Marriott, Eagle Drive,
Northampton, NN4 7HW,
Tel: 01604 768700

Park Inn, Silver Street,
Northampton, NN1 2TA,
Tel: 01604 739988

Premier Inn, The Lakes,
Bedford Rd, Northampton,
NN4 7YD, Tel: 0870 197 7196

Premier Inn, High Street, Flore,
Northampton, NN7 4LP,
Tel: 01327 349022

Premier Inn, Harpole Turn,
Weedon Rd, Harpole,
Northampton, NN7 4DD,
Tel: 0870 197 7195

Premier Inn, High St, Weedon,
Northampton, NN7 4PX,
Tel: 0870 990 6364

Ramada Encore,
312 Midsummer Boulevard,
Milton Keynes, MK9 2EA,
Tel: 0870 428 1438

Sedgebrook Hall, Pitsford
Road, Chapel Brampton,

Northampton, NN6 8BD,
Tel: 0845 658 4334

The Falcon Hotel, Castle Ashby,
Northampton, NN7 1LF,
Tel: 01604 696200

The Plough Hotel, Bridge St,
Northampton, NN1 1PF,
Tel: 01604 638401

Westone Manor, Ashley Way,
Weston Favell, Northampton,
NN3 3EA, Tel: 01604 739955

NURSERIES/LIBRARIES/ SCHOOLS & COLLEGES

**Caroline Chisholm Secondary
School and Library**,
Wooldale Centre for Learning,
Wooldale Rd, Wootton,
Northampton, NN4 6TP,
Tel: 01604 669200

Hunsbury Hill Library,
Overslade Close, East
Hunsbury, Northampton,
NN4 0RZ,
Tel No: 01604 702830

Leap Frog Nursery,
Wootton Fields Centre, Wootton
Hope Drive, Wootton,
Northampton, NN4 6DY,
Tel: 01604 702929

OFFICES

Jervis & Partners, Accountants,
20 Harborough Rd,
Kingsthorpe, Northampton,
NN2 7AZ, Tel: 01604 714600

Shoosmiths, Solicitors,
The Lakes, Northampton,
NN4 7SH, Tel: 03700 863000

Regus, Victory House, Pavilion
Drive, Brackmills Business Park,
Northampton, NN4 0YR,
Tel: 0870 8808484

PROPERTY

Connells, 11 Tudor Court,
Wootton Fields, Northampton
Tel: 01604 706644

Harrison Murray, Unit 1,
Neighbourhood Shopping
Centre, Butts Road, East
Hunsbury, Northampton
NN4 0UE, Tel: 01604 701701

PUBS/EATERIES

Billing Mill, The Causeway, Great Billing, Northampton, NN3 9EX, Tel: 01604 415059
Brampton Halt, Pitsford Road, Northampton, NN6 8BA, Tel: 01604 842676
Grange Inn, Baines Way, Grange Park, Northampton, NN4 5EZ, Tel: 01604 701574
Olde Red Lion, 15 High Street, Kislingbury, Northampton, NN7 4AQ, Tel: 01604 830219
Royal Oak, Whiston Road, Cogenhoe, Northampton, NN7 1NL, Tel: 01604 890125
The Abington/APH, Wellingborough Road, Northampton, NN1 4EY, Tel: 01604 631240
The Britannia, Old Bedford Road, Northampton, NN4 7AA, Tel: 01604 630437
The Barley Mow, 53 High Street, Paulerspury, Towcester, Northamptonshire, NN12 7NA, Tel: 01327 811260
The Charles Bradlaugh, 1 Earl Street, Northampton, NN1 3AU, Tel: 01604 473225
The Cock Inn, 1 High Street, Roade, Northampton, NN7 2NW, Tel: 01604 862544
The Coffee Pot, 30 High Street, Yardley Gobion, NN12 7TN, Tel: 01908 542106
The Collingtree, Butts Road, East Hunsbury, Northampton, NN4 0UE, Tel: 01604 709891
The Cromwell Cottage, 1 High Street, Kislingbury, Northampton, NN7 4AG, Tel: 01604 830288
The Fish, 11 Fish Street, Northampton, NN1 2AA, Tel: 01604 234040
The Five Bells, 14 Church Lane, Bugbrooke, Northampton, NN7 3PB, Tel: 01604 832483
The George Inn, Harborough Road, Brixworth, Northampton, NN6 9BX, Tel: 01604 881439

The Greyhound, Towcester Road, Northampton, NN7 3AP, Tel: 01604 858449
The Griffin, 25 High Street, Pitsford, NN6 9AD, Tel: 01604 880346
The Horseshoe, 2 Overstone Road, Sywell, Northampton, NN6 0AW, Tel: 01604 642286
The Hungry Horse, Sixfields Leisure Centre, Weedon Road, Northampton, NN5 5BE, Tel: 01604 751799
The Lamport Swan, Harborough Road, Lamport, Northamptonshire, NN6 9EZ, Tel: 01604 686555
The Malt Shovel Tavern, 121 Bridge Street, Northampton, NN1 1QF, Tel: 01604 234212
The Mailcoach, 6 Derngate, Northampton, NN1 1UB, Tel: 01604 604669
The Narrowboat, Canal Cottage, Watling Street, Weedon, Northamptonshire, NN7 4RZ, Tel: 01327 340536
The Navigation, Bridge Road, Stoke Bruerne, Towcester, Northamptonshire, NN12 7SY, Tel: 01604 864988
The Navigation (incorporating Cameron's Fine Dining Restaurant), Thrupp Wharf, Cosgrove, Milton Keynes, Buckinghamshire, MK19 7BE, Tel: 01908 543 156
The Old Crown, 1 Stoke Road, Ashton, Northampton, NN7 2JN, Tel: 01604 862268
The Red Lion at Brafield, Brafield-on-The-Green, Northampton, NN7 1BP, Tel: 01604 890707
The Red Lion, 89 High Street, Yardley Hastings, Northampton, NN7 1ER, Tel: 01604 696210
The Royal Oak, Chapel Lane, Blisworth, Northampton, NN7 3BU, Tel: 01604 858372
The Spencer Arms, Northampton Road, Chapel Brampton, Northampton,

NN6 8AE, Tel: 01604 842237
The Squirrels, 31-33 Main Road, Duston, Northampton, NN5 6JF, Tel: 01604 751930
The Sun, 7 High Street, Hardingstone, Northampton, NN4 7BT, Tel: 01604 700007
The Wig & Pen, 19 St Giles Street, Northampton, NN1 1JA, Tel: 01604 622178
The White Hart, Grafton Regis, Northamptonshire, NN12 7SR, Tel: 01908 542123
The Whyte Melville, Church Street, Boughton, Northampton, NN2 8SF, Tel: 01604 842321
The World's End, Ecton, Northampton, NN6 0QN, Tel: 01604 414521

RESTAURANTS AND STYLE BARS

Aroma, Marefair, Northampton, NN1 1SR, Tel: 01604 602112
Baroque, 31 St Giles Street, Northampton, NN1 1JF, Tel: 01604 627217
Bar Serenity, 4 -5 Clannell Road, Northampton, NN4 0JF, Tel: 01604 674947
Boat Inn, Stoke Bruerne, Nr Towcester, Northants, NN12 7SB, Tel: 01604 862428
Cagneys, 19-21 Derngate, Northampton, NN1 1TY, Tel: 01604 626070
Chillies, 4 -5 Clannell Road, Northampton, NN4 0JF, Tel: 01604 674947
Dangs Vietnamese Cuisine, 205 Wellingborough Road, Northampton, NN1 4ED, Tel No: 01604 607060
Dunham Novelli Urban Kitchen Bar, 94 Bridge Street, Northampton, NN1 1PD, Tel No: 01604 629526
Frankie and Bennys, Sixfields Leisure Centre, Weedon Road, Northampton, NN5 5BE, Tel: 01604 588799

Felix Yu, 23 Castilian Street
Northampton, NN1 1JS,
Tel: 01604 233011

Greens, 90 Windingbrook Lane
Northampton, NN4 0XN,
Tel: 01604 663963

Joes Diner, 104 Abington Street,
Northampton, NN1 2BP,
Tel: 01604 620022

Les Olives, 18B Sheep Street,
Northampton, NN1 2LU,
Tel: 01604 637652

Lloyds, 98-102 Abington Street,
Northampton, NN1 2BP,
Tel: 01604 633535

Mandarin Buffet, Unit 18-20
Octagon Way, Weston Favell,
Northampton, NN3 8JL
Tel: 01604 408388

Momo's, 79-81 Abington Street,
Northampton, NN1 2BH,
Tel: 01604 637785

N B's Sports Bar/Nightclub,
25 – 29 Bridge Street,
Northampton, NN1 1NS,
Tel: 01604 822234

**Olde Red Lion incorporating
Hunters Restaurant**,
15 High Street, Kislingbury,
Northampton, NN7 4AQ,
Tel: 01604 830219

Papa Cinos, Dychurch Lane,
Northampton, NN1 2AB,
Tel: 01604 601770

Red Hot, Walter Tull Way
Sixfields, Northampton
NN5 5QJ, Tel: 01604 756 208

Riverview, Station Road,
Cogenhoe, Northampton,
NN7 1NH, Tel: 01604 891888

Royal Bengal, 41 Bridge Street,
Northampton, NN1 1NS,
Tel: 01604 638617

Sundays, Unit 2 City Buildings,
Fish Street, Northampton, NN1
2AA, Tel: 01604 601808

Spice Of Bruerne, 5 Canalside ,
Stoke Bruerne, Towcester,
Northamptonshire, NN12 7SE,
Tel: 01604 863330

The Oriental Paradise, The
Causeway, Great Billing,
Northampton, NN3 9EX,

Tel: 01604 786688

The Seafood Café, 47-49 St
Giles Street, Northampton,
NN1 1JF, Tel: 01604 627989

The Vineyard, 7 Derngate,
Northampton, NN1 1TU,
Tel: 01604 633978

White Orchard, 60 Bridge
Street, Northampton, NN1 1PA,
Tel: 01604 633733

Wok Inn, 44 Sheep Street,
Northampton, NN1 2LZ,
Tel: 01604 635794

RETAIL

A Bell, Kingsthorpe Road,
Northampton, NN2 6LT,
Tel: 01604 777500

Abraxas Cook Shop,
40 St. Giles Street,
Northampton, NN1 1JW,
Tel: 01604 635408

Heart of The Shires, Weedon,
Northants, Tel: 01327 341080

Discover Milton Keynes,
672 Silbury Boulevard, Milton
Keynes, Buckinghamshire,
MK9 3AE, Tel: 01908 200557

Grand Union Designs Ltd,
Concept House, Watling Street,
Weedon, Northamptonshire,
NN7 4QG, Tel: 01327 340999

Kitchen Vogue,
299/301 Wellingborough Road,
Northampton, NN1 4EW,
Tel: 01604 622544

Milton Keynes Central Library,
Milton Keynes Library, 555
Silbury Boulevard, Milton
Keynes, Buckinghamshire,
MK9 3HL, Tel: 01908 254050

**Milton Keynes Information
Desk within Shopping Centre**,
67 Midsummer Place,
Milton Keynes, MK9 3GB,
Tel: 01908 557000

Natural Flooring, 152-154
Wellingborough Road,
Northampton, NN1 4DT,
Tel: 01604 239238

Premier Kitchens & Bedrooms,
St Peter's Way, Northampton,
NN1 1SZ, Tel: 01604 620044

The Secret Garden,
6 Butts Road (Shopping Parade),
East Hunsbury, Northampton,
NN4 0UE, Tel: 01604 767687

Talk Furniture, 3 Roe Farm,
Whiston Road, Cogenhoe,
Northampton, NN7 1LL
Tel: 01604 890956

Trés Oak, Unit 4, Titley Bawk
Avenue, Earls Barton, NN6 0LA,
Tel: 01604 813746

Whites Nurseries, Aggateway,
Earls Barton, Northampton,
NN6 0EP, Tel: 01604 812173

TAXI COMPANIES

Mayfair Taxis, 19 Thomas
Street, Northampton, NN1 3EN,
Tel: 01604 631111

THEATRES

Milton Keynes Theatre,
3 Theatre Walk, Milton Keynes,
Buckinghamshire, MK9 3PX,
Tel: 01908 558321

The Royal & Derngate,
1 Guildhall Road, Northampton,
NN1 1DP, Tel: 01604 624811

VENUES

Aspers Casino, 6 Commercial
Street, Northampton, NN1 1PJ,
Tel: 0845 521 1171

Beacon Bingo, 78 Weedon
Road, Northampton, NN5 5BG,
Tel: 01604 588898

Cineworld Cinema, Sixfields
Leisure, Weedon Road,
Northampton, NN5 5BG,
Tel: 0871 200 2000

Collingtree Park Golf Club,
90 Windingbrook Lane,
Northampton, NN4 0XN,
Tel: 01604 700000

**Overstone Park (Golf and
Leisure Resort)**, Billing Lane,
Northampton, NN6 0AS,
Tel: 01604 647666

Tenpin, Sixfields, Northampton,
NN5 5BE, Tel: 01604 755945

Weight, Liquid Volume, Oven Temperatures

to be used as an approximate guide only

Weight

Grams Pounds/Ounces

10 g	0.25 oz
15 g	0.35 oz
25 g	1 oz
50 g	1.75 oz
75 g	2.75 oz
100 g	3.5 oz
150 g	5.5 oz
175 g	6 oz
200 g	7 oz
225 g	8 oz
250 g	9 oz
275 g	9.75 oz
300 g	10.5 oz
350 g	12 oz
375 g	13 oz
400 g	14 oz
425 g	15 oz
450 g	1lb
500 g	1 lb 2 oz
700 g	1.5 lb
750 g	1 lb 10 oz
1 kg	2.25 lb
1.25 kg	2 lb 12 oz
1.5 kg	3 lb 5 oz
2 kg	4.5 lb
2.25 kg	5 lb
2.5 kg	5.5 lb
3kg	6.5 lb

Liquid Volume

Millilitres	Spoon/Fluid Ounces	Pints
2.5 ml	0.5 teaspoon	
5 ml	1 teaspoon	
15 ml	1 tablespoon	
30ml	1 fl oz	
50ml	2 fl oz	
100ml	3.5 fl oz	
150ml	5 fl oz	0.25 pint
200ml	7 fl oz	0.33 pint
300ml	10 fl oz	0.5 pint
500ml	18 fl oz	
600ml	20 fl oz	1 pint
700ml		1.25 pint
850ml		1.5 pint
1 litre		1.75 pint
1.2 litres		2 pint

Oven Temperatures

Celsius	Fahrenheit	Gas Mark	Description
100 °C	225 °F	1/4	cool
130 °C	250 °F	1/2	cool
140 °C	275 °F	1	very low
150 °C	300 °F	2	very low
170 °C	325 °F	3	low
180 °C	350 °F	4	moderate
190 °C	375 °F	5	moderate/hot
200 °C	400 °F	6	hot
220 °C	425 °F	7	hot
230 °C	450 °F	8	very hot

*Useful conversion
charts for when
you are cooking
and baking at home.*





ASPERS
A WORLD OF ENTERTAINMENT

Aspers is now
open from
10am on Fridays
until **6am the**
following
Wednesday
every week!

Aspers Northampton 6 Commercial Street
T: 01604 623 580 www.aspersnorthampton.co.uk

Bars • Restaurant • Casino • Entertainment

Aspers is membership free and open to those aged 18 or over. Photo ID required if you look under 21 and to join our Aspire Loyalty Club. Please play responsibly www.gambleaware.co.uk

24

hour opening at
weekends!



ASPERS
A WORLD OF ENTERTAINMENT

Stake and Chips!

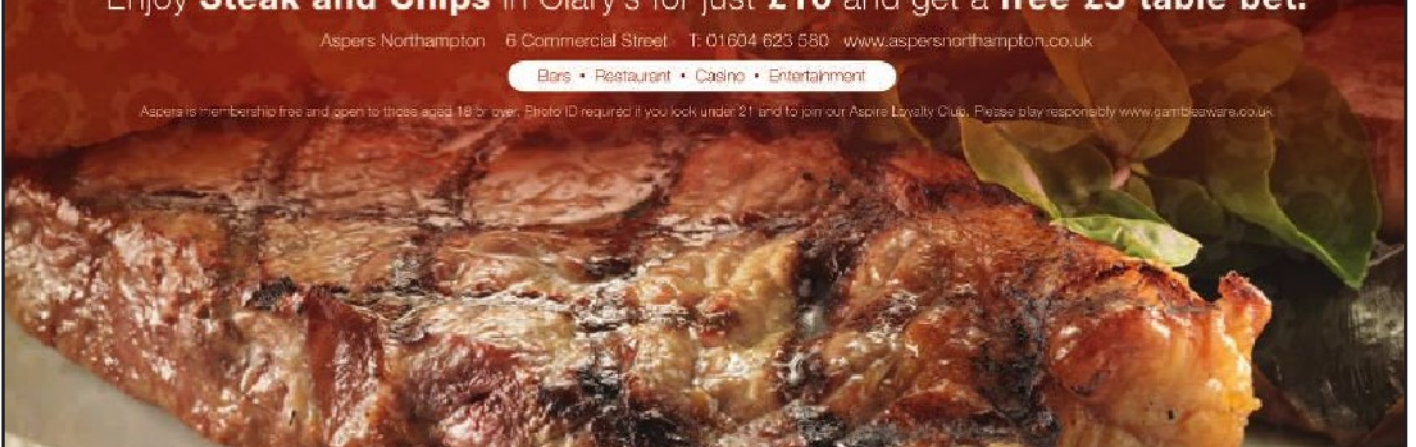
Every Tuesday at Aspers!

Enjoy **Steak and Chips** in Clary's for just **£10** and get a **free £5 table bet!**

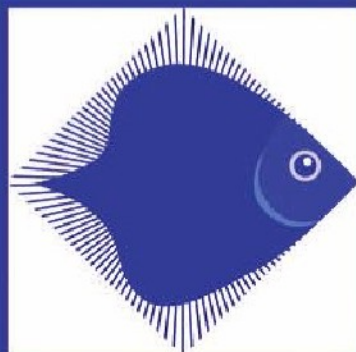
Aspers Northampton 6 Commercial Street T: 01604 623 580 www.aspersnorthampton.co.uk

Bars • Restaurant • Casino • Entertainment

Aspers is membership free and open to those aged 18 or over. Photo ID required if you look under 21 and to join our Aspire Loyalty Club. Please play responsibly www.gambleaware.co.uk



NOW OPEN



The Seafood Café

The Finest Traditional Fish and Chips

- Fresh Sustainable Fish and Seafood
(Delivered from Billingsgate Fish Market, London)
- Prime Steaks and the ultimate Surf & Turf.
(All meat is sourced from Northamptonshire Farms)
- Homemade Pies and local Sausages.
- Fine wine, quality lagers and local ales.
- Freshly prepared desserts.
- Eat In or Takeaway.



OPENING TIMES

MONDAY		Closed
TUESDAY	 12-3	5.30-10
WEDNESDAY	 12-3	5.30-10
THURSDAY	 12-3	5.30-10
FRIDAY	 12 ... All Day ...	10
SATURDAY	 12 ... All Day ...	10
SUNDAY	 12-4	Closed



47-49 St Giles Street, Northampton
TEL: 01604 627989
www.theseafoodcafe.com